



CALA FOUNDATIONS OF VERTICAL WATER TRAINING Pre-Requisite COURSE -THE CHARLENE KOPANSKY METHOD

Hosted by Ottawa Athletic Club, Ottawa, ON Jan 25, 26, 27, 2019

The Canadian Aquafitness Leaders Alliance provides **top-notch training** and access to up-to-date information for fitness professionals in one on one and group settings. This Foundations of Vertical Water Training course sets the stage for leaders, coaches, post rehabilitation specialists, athletes and personal trainers to learn how to use water effectively in the design and the delivery of **safe, productive and innovative water training sessions**. The course is based on **practical application of evidence-based theory** using an **integrative approach to learning**. CALA is an international, Canadian based company providing excellence in vertical water training. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. Recognized as the **gold standard** in vertical water training, CALA provides **solid research based programs in both deep and chest deep water** to meet the **diverse needs of our communities**.

- ✓ This comprehensive course introduces the essential tools necessary to design and lead safe, effective, holistic vertical water training classes
- ✓ The course content meets the needs of experienced fitness professional as well as aerobic instructors, post rehabilitation specialists, personal trainers, coaches, athletes, lifeguards, participants and aspiring leaders; and exceeds the Canadian Provincial and Federal Guidelines and Standards
- ✓ The course is accredited by many international, national and provincial fitness organizations.

WHERE: Ottawa Athletic Club, 2525 Lancaster Av, Ottawa ON, K1B 4L5

For directions & facility info contact Andre Bourguignon: andre@ottawaathleticclub.com or call (613) 523-4024 ext. 280. For more information about the training, contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Trainer & Assessor: Jill Young

WHEN:	Friday January 25, 2019	5pm – 9pm	Pool 5:30pm – 7pm
	Saturday January 26, 2019	12pm – 8pm	Pool 2:30pm – 4pm & 6:30pm – 8pm
	Sunday January 27, 2019	12pm – 8pm	Pool 2:30pm – 4pm & 6:30pm – 8pm

Note: The pool times are subject to change.

PRICE: CALA Members: \$280 + tax
Non-Members: \$339 + tax

Two ways to register:

1) Call CALA 1-888-751-9823; 2) email cala_aqua@mac.com

Exam Writing Date: TBA from at OAC

The Vertical Water Training Course is a PREREQUISITE for all other CALA SPECIALTY COURSES including but not limited to: Group Aqua Fitness, Aqua Yoga, Water Running, HydroRider and Healing Waters: Aquatic Post Rehabilitation - Aqua Arthritis Specialty.

CALA FOUNDATIONS OF VERTICAL WATER TRAINING COURSE - REGISTRATION FORM
Hosted by Ottawa Athletic Club, Ottawa, ON
January 25, 26, 27, 2019

Name: _____ CALA Member # _____
 Address: _____ **Joining Now cost is tax included in fees below (\$59+tx)**
 City: _____ Home Tel. #: _____
 Province: _____ Fax #: _____
 Postal: _____ Work Tel. #: _____
 Email: _____ Cell Phone #: _____

Course Option	Membership Status	Includes	Fees <i>Add \$35 after January 5, 2019</i>
Vertical Water Training Pre-Requisite Course	Current CALA Member	Course Manual, 20hrs Training, Open-book Theory Exam	\$280 + tax
	Non Member-Joining Now	Course Manual, 20hrs Training, Open-book Theory Exam Membership for one year	\$339 + tax
Refresher VWT Course	Current member	Includes 12 CECs.	\$150 + tax

No refund for withdrawal from the course.

VISA and MasterCard are accepted; or e-transfer

VISA MasterCard E-Transfer Amount Paid: \$ _____ (See above for correct fee option)

Date _____ Name on Card _____

Card # _____ Exp. Date: (Month / Year) _____

Signature _____

To register: Call CALA 1-888-751-9823 or email to cala_aqua@mac.com

CALA Certification Process: To be **Scheduled at Ottawa Athletic Club**

Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
 Step 2. Complete the Group Aqua Fitness Course or another CALA Specialty Course (for example: Aqua Yoga)
 Step 3. Complete the certification criterion for the CALA Specialty completed

PAYMENT PLAN AVAILABLE – 3 payments completed on or before January 11, 2019

Office Use Only:

Date Processed: _____ Initials: _____ Invoice # _____ Inv Pd Email added: _____ Confirm Letter e: _____

New Member e: _____ Receipt e: _____ Promo e: _____ Manual mailed: _____ Other: _____